

## Walk It Off – Holiday Edition!

It's **easy** to indulge in traditional treats because of the joyful and merry spirit of the holidays. However, we underestimate how many calories are in each treat, and how many minutes of walking is needed to burn off that indulgence. Know the facts, and be aware of how long you need to walk in order to maintain your weight. **The following information is estimated for a 150-pound individual and walking at a speed of 11:18 minutes per kilometer.**

Snack	Serving Size	Calories	Walking (min)	Snack	Serving Size	Calories	Walking (min)
<b>Turtles</b> 	2 pieces	148	31	<b>Egg Nog</b> 	1 cup (254 g)	223	47
<b>Hershey Kisses</b> 	9 pieces	200	42	<b>Knafeh</b> 	1 serving (240 g)	497	105
<b>President's Choice Candy Cane Ice Cream</b> 	125 mL	180	38	<b>Turkish Delight</b> 	3 pieces (41 g)	160	34
<b>Sufganiyot</b> 	1 donut	142	30	<b>Rugelach</b> 	1 rugelach	150	32
<b>Starbuck's Gingerbread Latte</b> 	Grande (470 mL)	330	69	<b>Fruit Cake</b> 	1 piece (43 g)	324	68